



Food and Health Communications, Inc. (n.d.). Cornbread. MyPlate Kitchen.

Cornbread

Makes 12 servings
Prep Time: 5 minutes
Cook Time: 25 minutes

Ingredients

1 cup cornmeal
1 cup flour (all purpose)
1/2 cup sugar
2 teaspoons baking powder
1/2 teaspoon salt

1 cup low-fat buttermilk
1/2 cup applesauce, unsweetened
4 egg whites (1/2 cup)
2 tablespoons vegetable oil

Directions

- Preheat oven to 400°F. Lightly spray and 8 inch square pan with vegetable oil cooking spray.
- Mix dry ingredients in a medium-sized mixing bowl.
- Add the rest of the ingredients and mix well by hand.
- Pour the batter into the sprayed pan and shake to make it level.
- Bake until a toothpick inserted in the center comes out clean, about 25 minutes.
- Allow to cool, then cut into 12 squares.



Scan this QR code to watch a
video of how to make it.

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